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Navy and Marine Corps Medical News
MN-00-45
November 10, 2000

Navy and Marine Corps Medical News (MEDNEWS) is a weekly compendium of news and information contributed by commands throughout the Navy medical department. Information contained in MEDNEWS stories is not necessarily endorsed by Navy Bureau of Medicine and Surgery (BUMED), nor should it be considered official Navy policy.

BUMED distributes MEDNEWS to Sailors and Marines, their families, civilian employees and retired Navy and Marine Corps families. Further distribution is highly encouraged.

Stories in MEDNEWS use these abbreviations after a Navy medical professional's name to show affiliation: MC - Medical Corps (physician); DC - Dental Corps; NC - Nurse Corps; MSC - Medical Service Corps (clinicians, researchers and administrative managers). Hospital Corpsmen (HM) and Dental Technician (DT) designators are placed in front of their names.

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Stories

Headline: Put out that smoke at the Great American Smokeout
From Department of Defense Public Affairs

WASHINGTON - Some people who have quit smoking may tell you that it was the hardest thing they've ever done. They may also tell you that it was the smartest thing they've ever done.

This year, more than seven out of every 10 smokers will attempt to quit. The greatest challenge isn't deciding to quit; most know it is the right thing to do. The greatest challenge is actually doing it.

The Department of Defense is urging all service members, civilian employees and their families who smoke or use tobacco products to participate in the Great American Smokeout on Nov. 16.

"The first step in quitting is to prepare to quit," said J. Jarrett Clinton, acting assistant secretary of defense for

health affairs said. "This means picking a day. Why not the Great American Smokeout when millions of other Americans quit?"

Clinton continued to say that the next step in quitting includes selecting a method to quit.

"Your medical service providers can help you choose the program that is right for you. We want everyone to know that if you want to quit, there are people and programs available to help you succeed," said Clinton.

Don't delay your decision to quit. Smoking is an issue that affects the health of everyone in the family, not just the smoker. Too often, it is the family of the smoker that suffers the effects of second-hand smoke. Lung and nasal sinus cancer, heart disease and sudden infant death syndrome (SIDS) have all been linked to the effects of second-hand smoke.

Once you have picked the day to quit, and enlisted the assistance of your health care provider in selecting the method, it is time to do it. What better reason than the health of yourself and your family to mark Nov. 16 as the day to stop smoking and begin living tobacco free.

-USN-

Headline: Pearl Harbor clinic scores high on JCAHO exam
From Naval Medical Clinic Pearl Harbor

PEARL HARBOR - Making sure we provide our beneficiaries with the highest quality healthcare in a timely and efficient manner has always been Naval Medical Clinic Pearl Harbor's number one priority.

This commitment to quality was reaffirmed when the command received a score of 95 out of a possible 100 during the recent Joint Commission on Accreditation of Healthcare Organizations (JCAHO). The Counseling in Alcohol Assistance Center (CAAC) was awarded a score of 99 out of a possible 100 by the Behavioral Health Care standards.

The survey, conducted every three years, evaluates healthcare organizations based on JCAHO developed, state-of-the-art, standards and evaluates the compliance of healthcare organizations against these measurements.

Within the Department of the Navy, Naval Medical Clinic Pearl Harbor has the highest score to date for a free standing ambulatory care facility.

Accreditation by the JCAHO is a recognized nationwide symbol for quality that indicates an organization meets or exceeds the highest levels of patient care possible.

-USN-

Headline: Miramar dental technicians to the rescue
From Marine Corps Air Station Miramar

SAN DIEGO, Ca. - Dental technicians from First Dental Battalion/Naval Dental Center, Marine Corps Air Station, Miramar, quickly responded to an accident that trapped fellow servicemen in a five-ton military truck.

While driving, three dental technicians noticed an overturned military truck, with a military generator on top of it. The Marines pulled over, jumped an embankment and began to assist

the victims.

DT2 Eugene Allen and DT3 Daniel Huerta approached the accident to assess the situation while DT3 Todd Johnson called 911 on his cell phone. Huerta and Allen began triage on both the driver and passenger, making sure there were no back injuries before removing them from the vehicle.

The driver sustained minor injuries to his wrist and arm and was monitored for shock symptoms. The passenger sustained minor injuries to the head, arms and back.

The passenger was then wrapped in a blanket and told to lie down and apply direct pressure to a large laceration on the back of his head. Both men were continuously asked questions and monitored for shock.

When emergency crews arrived, the three dental technicians relayed patient information. Their quick action and response helped save the victims from severe injury that could have been serious if left unattended.

-USN-

Headline: NMC San Diego sponsors fourth annual Navy trauma symposium

From Naval Medical Center San Diego

SAN DIEGO, Ca. - Naval Medical Center San Diego is sponsoring its Fourth Annual Navy Trauma Symposium November 16-17. This year's theme is "Bringing 21st Century Trauma Care to the Low Intensity Theater."

The program is supported by the Navy's Bureau of Medicine and Surgery (BUMED), TRICARE Region Nine, Distributive Learning Networks and the Henry M. Jackson Foundation.

This live, interactive, two-day symposium will capture the team concept of trauma care. The target audience is physicians but highlights the entire trauma healthcare team. Participants may attend locally at Naval Medical Center San Diego or receive the program by satellite or video teleconference. Continuing Education credit is available.

Twenty invited faculty, both military and civilian, will guide the audience through the Continuum of Care. Symposium panelists, composed of physicians, nurses, first responder corpsmen/medics, and other specialists, will define the low-intensity warfare environment, determine the differences in routine military and civilian settings, and discuss how the management of injuries and situations impacts optimal care from the pre-hospital setting to definitive care.

This non-scrambled, public domain program will be available throughout The United States, Hawaii and Puerto Rico on C-Band analog satellite bands. It is also available on the Military/Federal GETN/Warrior satellite networks whose downlinks are found at Army and Air Force installations and at over 200 Air National Guard locations. Other federal networks may also carry this program. Satellite frequency information will be available after registering.

The program will be available on a space-available basis on the USN CNET and USA TNET VTC networks and to a limited number of non-satellite capable VTC sites via dial-up video terrestrial

relay.

Videotapes of this program will be available later for educational purposes. CMEs, however, may be offered on a case-by-case basis only.

All military and civilian sites must register on-line to receive satellite coordinates or Warrior Illumination authentication.

Continuing Education credits will be offered to medical personnel on-site, via satellite and via VTC if coordinated with a site coordinator. Site coordinators must register on-line. Site coordinators will receive further information about credit requirements.

Schedule and registration information may be found at www-nmcscd.med.navy.mil/newsletters/trauma/schedule.html, or call Ed Kronholm, Satellite Programs Coordinator, toll free at 888-820-4898. For technical questions about connecting via VTC, contact Mike La France, NMCS D VTC coordinator, at 619-532-5380.

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Headline: USNH Okinawa supports State Department

By HM3(FMF) Jeremy R. Dunlap, USNH Okinawa

OKINAWA - Eight staff members from USNH Okinawa, Japan, were recently given the opportunity to participate in the training of U.S. Embassy medical personnel from the State Department.

The USNH team traveled to Bangkok, Thailand, where they conducted a re-certification course in basic life support during the annual State Department Medical Conference.

The course was taught using the American Heart Association and Military Training Network guidelines for cardiopulmonary resuscitation and also included training in the use of the automatic external defibrillator.

Approximately fifty members of the embassy staff were trained and certified during this one-day course.

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Headline: TRICARE question and answer

Question: If I am already confident that I need to see a specialist, do I need to contact my PCM before I go? What will happen if I don't?

Answer: For those enrolled in TRICARE Prime, it is always necessary to first consult your Primary Care Manager for specialty care. If it is necessary for you to see a specialist, your PCM will help make an appointment for you. If you see a specialist on your own without prior approval from your PCM, you will be participating in Prime's Point-of-Service option and will be responsible for 50 percent of the cost after the deductible (\$300 for single enrollment and \$600 for family enrollment) is met.

-USN-

Headline: The truth about fad diets

From National Naval Medical Center

BETHESDA, Md.- We have all heard the ads: "Lose all the weight you want, without diet and exercise!" or "melt those

pounds away...lose up to 30 pounds a month, guaranteed!"

The American public is faced with an overwhelming amount of food and nutrition information. Despite the aggressive attempts by the federal government and various national health organizations to educate the public on healthy eating and nutrition, fad diets are everywhere.

Unfortunately, it is not always clear how to distinguish nutrition facts from nutrition fallacy. Nutrition facts are those that have been established by research in a laboratory setting; nutrition fallacy consists of erroneous facts or misinterpretation of nutrition science.

How can you tell if a nutrition claim is true? Here is a checklist of what to look for in a nutritional product or diet promotion: Does it promise a quick fix with minimal effort? Is it advertised primarily by the use of case histories or testimonials? Does it contain some secret ingredient? Does it dismiss currently accepted nutrition theories or practices? Does it limit the diet to a specific time (3-day, 7-day)? Is it expensive? Does it seem too good to be true?

Quick weight loss is not a permanent solution to obesity. Successful weight loss means losing weight and keeping it off. A weight reduction diet that incorporates changes in eating and exercise habits facilitating gradual weight loss has been proven to be the most successful.

The problem with fad diets is that they restrict or limit certain foods or entire food groups which is unrealistic, and possibly dangerous (i.e. The Beverly Hills fruit diet, the Cabbage Soup diet, the 7-day fat burning diet).

A seven-day diet may allow a person to lose some weight, but what happens after the 7 days are over? Fad diets such as these cause a temporary loss of water, which gives the false impression of losing weight.

High-protein, low-carbohydrate diets are known for this. Once eating returns to normal, the weight returns to pre-diet levels.

Another common fallacy is the "fat-burning" diet. Grapefruit or other foods will not burn fat.

You burn fat by either eating less food than your body needs or doing aerobic exercise. To lose weight, you must create a calorie deficit, meaning you burn more calories than you take in. Remember that 3,500 calories equals a pound of fat.

If you create a 500-calorie deficit each day for a week, you will theoretically lose one pound of body fat. This is why weight loss is such a slow process.

Any diet that promises that you will lose more than 2 pounds per week is probably a fad diet-don't be fooled. Remember the cardinal rule of nutrition: Don't believe everything you read about nutrition from someone trying to sell you something.

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Comments and ideas for MEDNEWS are welcome. Story Submissions are highly encouraged. Contact MEDNEWS editor, At email: mednews@us.med.navy.mil; telephone 202-762-3218, (dsn) 762, or fax 202-762-3224.